

Temperance

(Conducted by the National Woman's Christian Temperance Union.)

DRINKING BEFORE MEALS.

At a meeting of a medical society a prominent physician read a paper on "Appetizers," in which he gave the results of scientific experiments made at Yale university. Dr. E. H. Cleveland of Flower hospital, New York city, writing of these to the New York Times, says:

"It seems that to one group of students a good dinner was given without alcoholic accompaniment, and in their case, a couple of hours later, normal digestion was found well advanced. To the other group of students the same dinner was given, preceded in each case by an 'appetizer,' such as cocktail, gin fizz, etc. After the same interval the digestive processes of this second group were found on examination to be imperfect. Certain chemical elements in the food taken showed that the digestive juices had failed to act upon them, owing to the presence of alcohol in combination with these elements.

"Serious and permanent interference with normal digestion was clearly proved by these experiments in every instance. Had the investigations been carried further, so as to include the efficiency of mental action and nerve reaction, as well as efficiency of digestive faculties, there is no doubt that precisely similar results would have been obtained.

"The appetizer, so called, is not in reality an appetizer at all, but is a devitalizer, pure and simple, destructive of the normal processes of the digestive apparatus and of the mental powers in direct proportion to the frequency with which it is taken."

CONCERNS DEMAND ABSTINENCE.

The Milton Manufacturing company, the American Car & Foundry company, and S. J. Shimer & Sons of Milton, Pennsylvania, have issued orders demanding that their employees abstain from alcohol and refuse to sign license petitions of otherwise indicate sympathy for the saloon.

Thirty men were discharged by the American Car & Foundry company because they signed liquor license applications.

These companies do not desire to influence the opinions of the employees in regard to prohibition, but they take the stand that the man who signs a liquor license application does not properly appreciate the danger of liquor to himself and the community. He is, therefore, not a safe employee for a concern demanding efficiency.

"Indulgence in the use of liquor is a menace to all business interests," declared Mr. George S. Shimer, president of the Milton Manufacturing company. "If the employees should be protected by the employer, why shouldn't the employer be as well protected by the employee? Our employees have congratulated us upon the step we have taken."

KANSAS' TAX RATE DECREASES.

In 1880, under license, the Kansas tax rate for state purposes was 5.5 mills on the dollar. The Nebraska rate was only 3.9 mills. In 1881 the Kansas rate dropped to 5 mills, while the Nebraska rate increased to 6.1. In 1882 the figures stood: Kansas, 4.5; Nebraska, 6.7. In 1883 the rate was, Kansas, 4.3; Nebraska, 7.8. In 1885 the Kansas rate had further dropped to 3.3, but Nebraska, with saloons to pay part of her revenue, had been compelled to raise her rate to 7.7.

In 1914 Kansas had reached the remarkably low figure of 1.2 mills, while Nebraska, whose people failed to follow Kansas' example in outlawing saloons, was suffering under a rate of 7 1/2 mills.

"And yet," says the Portland (Me.) Evening Express, "the booze representatives in local option contests have the effrontery to warn the people against outlawing the saloons because 'You will have to pay more taxes!'"

INCREASED SAVINGS.

M. Kharitonoff, comptroller of the currency for the Russian empire, in a speech before the duma budget committee announced that "the national savings which in December, 1913, amounted to 700,000 roubles (\$350,000), had increased to 29,100,000 roubles (\$14,550,000) in December, 1914. The total savings for 1913 amounted to 34,000,000 roubles (\$17,000,000) as compared with 54,000,000 roubles (\$27,000,000) for 1914."

STRIKE AT THE ROOT.

A gentleman having called in his physician, said: "Now, sir, I want no more trifling; my illness is serious, and my desire is that you should strike at the root of my disease."

"It shall be done," said the physician, and, lifting his walking-stick, he smashed to atoms the wine decanter which stood on the table.



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for the kiddies — and yourself; its great benefits to teeth, breath, appetite and digestion; its cleanliness and wholesomeness in the air-tight sealed packages; its two different and delicious flavors — and the gift coupons too:

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Bringing Sunshine to the Darkest Day

Mexican Farmer-Soldier.

Gen. Alvaro Obregon, one of the latest leaders to "capture" and then desert Mexico City, was a farmer before he turned soldier. Even yet he is said to prefer the simpler mode of life. When the Madero uprising began Obregon, then a tiller of the soil in Sonora, calmly looked on for a time, and finally decided to throw in his fortunes with the new chief. He gathered his neighbors and raised a force of 350 men. Seeing Madero in the president's chair, Obregon returned to his farm. Then, as affairs took another turn, he again entered the field and has been a leader ever since. He is said to be only thirty-three years of age. In his early twenties he invented an agricultural machine, which was patented in the United States and sold to an American concern. With the money which he received for his invention he bought himself a small farm, to which he devoted most of his time.

Plan Humane Sunday in May.

The American Humane association, a federation of societies and individuals for the prevention of cruelty, requests clergymen of all denominations throughout the country to observe Sunday, May 23, as Humane Sunday, calling attention to the need for protection for suffering and helpless children, and also for unfortunate animals.

Dr. Wm. O. Stillman, president of the association, Albany, N. Y., will send literature to all persons interested in the work of humane societies.

The Proper Cue.

"Did you see where a girl in an aeroplane threw away an unlucky ring when she thought accident was going to let the curtain fall on her earthly career?"

"Yes; I suppose she thought her cue was 'ring down.'"

If you can keep a good resolution afloat for only one day it has done you at least twenty-four hours' worth of good.

A woman doesn't mind the fact that her husband is away from home if she knows he's broke.

Beautiful, clear white clothes delights the laundress who uses Red Cross Ball Blue. All grocers. Adv.

Some folks couldn't keep up appearances if they went in the aeroplane business.

Up to Date.

"How did you find the prices at the old inns during your visit to Spain?"

"Decidedly modern."

THICK LOVELY HAIR

Because Free From Dandruff, Itching, Irritation and Dryness.

May be brought about by shampoos with Cuticura Soap preceded by touches of Cuticura Ointment to spots of dandruff, itching and irritation. A clean, healthy scalp means good hair. Try these supercreamy emollients if you have any hair or scalp trouble.

Sample each free by mail with Book. Address postcard, Cuticura, Dept. XY, Boston. Sold everywhere.—Adv.

Mean Thing.

The bride was weeping as if her heart would break. "That horrid Mrs. Patterson said she hoped my marriage would be a happy one," she sobbed.

"That was very nice of her," said her mother. "I don't see why you should cry about it."

"But she said it as if she felt perfectly sure it wouldn't be."

Prohibited.

Post Office Clerk—You can't mail those coins in a letter. You ought to know that.

Stranger—Well, what am I going to do? You've got a sign outside that says "Post No Bills."

DON'T VISIT THE CALIFORNIA EXPOSITIONS Without a supply of Allen's Foot-Ease, the antiseptic powder to be shaken into the shoes, or dissolved in the foot-bath. The Standard Remedy for the feet for 25 years. It gives instant relief to tired, aching feet and prevents swollen, hot feet. One lady writes: "I enjoyed every minute of my stay at the Expositions, thanks to Allen's Foot-Ease in my shoes. Get it TODAY. Adv."

Paradoxical Action.

"Jones is a pretty blunt sort of fellow, isn't he?"

"Yes, he generally comes to the point."

YOUR OWN DRUGGIST WILL TELL YOU Try Murine Eye Remedy for Red, Watery Eyes and Granulated Eyelids; No Stinging—Just Eye Comfort. Write for Book of the Eye by mail free. Murine Eye Remedy Co., Chicago.

A Drawback.

"Doesn't she tango divinely?"

"Y-e-e-s; but she's got an awful appetite!"—Judge.

Smile, smile, beautiful clear white clothes. Red Cross Ball Blue, American made, therefore best. All grocers. Adv.

It is to be supposed that ghosts enter a haunted house with the aid of skeleton keys.

Its Nature.

"I heard the musical was tame."

"Yes; rather a sing-song affair."—Baltimore American.

Call them white lies if you want to, but sooner or later they will come home to roost.

Needed.

"I'm a man of few words."

"It's a pity you haven't got a few ideas to go with them."

If you wish to please the boy to whom you are giving a present pick out something he can break.

WAITING FOR YOU

160 ACRE FARMS IN WESTERN CANADA FREE

Yes, waiting for every farmer or farmer's son — any industrious American who is anxious to establish for himself a happy home and prosperity. Canada's hearty invitation this year is more attractive than ever. Wheat is higher but her farm land just as cheap and in the provinces of Manitoba, Saskatchewan and Alberta

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The people of European countries as well as the American continent must be fed—thus an even greater demand for Canadian Wheat will keep up the price. Any farmer who can buy land at \$15.00 to \$30.00 per acre — get a dollar for wheat and raise 20 to 45 bushels to the acre is bound to make money—that's what you can expect in Western Canada. Wonderful yields also of Oats, Barley and Flax. Mixed Farming is fully as profitable an industry as grain raising. The excellent grasses, full of nutrition, are the only food required either for beef or dairy purposes. Good schools, markets convenient, climate excellent.

Military service is not compulsory in Canada but there is an unusual demand for farm labor to replace the many young men who have volunteered for service in the war. Write for literature and particulars as to reduced railway rates to Superintendent Immigration, Ottawa, Canada; or to

W. S. NETHERY, Room 82, Interurban Sta. Bldg., Columbus, O.

Canadian Government Agents.

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TRADE MARK REG. U.S. PAT. OFF.

Reduces Strained, Puffy Ankles
Lymphangitis, Poll Evil, Fistula
Boils, Swellings, Stops Lameness
and allays pain. Heals Sores, Cuts,
Bruises, Blisters, Chafes. It is an
ANTISEPTIC AND GERMICIDE
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Does not blister or remove the
hair and horse can be worked. Pleasant to use.
\$2.00 a bottle, delivered. Describe your case
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ABSORBINE, JR., antiseptic liniment for mankind
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